Mr. Wayne Bell

- C.O.S.C.
- DSTRESS
- Top 10 Stressors
- Homecomings Procedures

COSC Continuum

READY TO FIGHT — HEALTHY AT HOME
Combat Operational Stress Control

Combat Operational Stress Continuum for Families

READY	REACTING	INJURED	ILL
• Good to go • Prepared for deployment • Functioning OK socially, emotionally, vocationally, academically	• Mild or transient distress or impairment • Anxious or irritable • Behavior change	• More serious distress or impairment that can change personality • Can't sleep, disruptive nightmares • Panic attacks, rage • Addictive behaviors	• Severe stress injuries that impact your job or relationships (Depression, Anxiety, Addictive Disorders, PTSD) • Requires professional help to heal • May get worse without early intervention

Responds to Self Help — Individual Responsibility — Needs Professional Help

DSTRESS

Hotline Number: 1-877-476-7734

http://www.dstressline.com

a. Purpose is to improve resilience and develop the necessary skills required to cope with
the widely varying challenges of life as a Marine or Marine family member.

b. Anonymous and confidential. No names required. No identifying information passed to commands. Caveat: The DSTRESS Line has a duty to warn law enforcement if a caller is at imminent risk of harm to self or others.

c. “By Marine/For Marine.” Callers will speak with customer service representatives and licensed counselors who are veteran Marines, veteran FMF Corpsmen, and civilian men and women with exposure to and specialized training in Marine Corps culture. Services available via phone, chat or Skype.

DSTRESS Line currently supports all Marines (active, Reserve, or veteran), family members, and loved ones west of the Mississippi River.

Top 10 Stressors

1. Sleep Patterns
2. Driving, Traffic Congenstion
3. Being in crowded places, movies, restaurants, malls, sporting events
4. Visiting in-laws, relatives, parents
5. Pending PCS orders, relocation, housing, children's friends, schools
6. Family Re-integration
7. Restlessness, missing the op tempo, can't shut down
8. Relationships crumbling due to being gone
9. Loud noises
10. Out of touch with mainstream

- Everyday is the same, seven days a week.
- Don't make plans for your Marine during their 96.
- Don't ask questions of what your Marine has been doing

HOMECOMING RECEPTION

- **ALL HOMECOMING RECEPTIONS WILL BE HELD AT THE I MEF MOTOR POOL BUILDING 214126. (SIGNS WILL BE POSTED)**

- **ALL NOTIFICATIONS WILL BE MADE TO THE FAMILIES MEMBERS OF MARINES/SAILORS RETURNING FROM DEPLOYMENT BY THE FRO OFFICE PERSONNEL.**

- **POINT OF CONTACT's WILL BE AS FOLLOWS**:

DURING WORK HOURS 0730-1630
OFFICE PHONE (760)763-2739

AFTER WORKING HOURS

-WAYNE R. BELL (760) 464-9103
-MARCELA TORRES (760) 846-4154

IRECTIONS TO MOTOR POO

FROM THE MAIN GATE, TURN LEFT ONTO ‘A’ STREET AND PROCEED ACROSS THE BRIDGE TO

CAMP DEL MAR, TURN LEFT AT THE FIRE STATION ONTO HARBOR ROAD, THEN TURN LEFT

ONTO ‘B’ STREET AND FOLLOW THE RED SIGNS THAT SAY MHG EVENT.

FROM MAINSIDE, TURN RIGHT ONTO ‘A’ STREET AND PROCEED ACROSS THE BRIDGE TO

CAMP DEL MAR, TURN LEFT AT THE FIRE STATION THEN TURN LEFT ONTO HABOR ROAD

THEN TURN LEFT ONTO ‘B’ STREET AND FOLLOW RED SIGNS THAT SAY MHG EVENT.

FROM DEL MAR HOUSING, PROCEED ONTO SANTA FE RD, TURN LEFT ONTO ‘B’ STREET AND

FOLLOW RED SIGNS THAT SAY MHG EVENT.

PLENTY OF PARKING SPACES AVAILABLE ADJACENT TO THE MOTOR POOL

Post-Deployment Schedule

- 96 (4 days off)
- 5 half days Warrior Transition Brief
- Leave: Post Deployment
  - IA's: Back to Parent Command

Questions??
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